


Heart Health Month

ANSWERS
by heart


Lifestyle + Risk Reduction
High Blood Pressure

**American Heart Association**
Life is why

How Can I Reduce High Blood Pressure?

By treating high blood pressure, you can help reduce your risk for a stroke, heart attack, heart failure or kidney failure. Here are steps you can take now:

- Reach and maintain a healthy weight.
- Eat a heart-healthy diet that is rich in vegetables, fruits, and whole grains and includes low-fat dairy products, poultry, fish, legumes (beans and peas), nontropical vegetable oils and nuts; and limits intake of sodium, sweets, sugar sweetened beverages and red meats. Choose foods rich in potassium.
- Be more physically active.
- Don't smoke and avoid second-hand smoke.
- Limit alcohol to no more than one drink per day for women or two drinks a day for men.
- Take medicine the way your doctor tells you.
- Know what your blood pressure should be and work to keep it at that level.



Many people have high blood pressure without knowing it. Once you know about your condition, though, you can reduce your risk and live a healthier life. It takes proper treatment and some changes in your lifestyle. But it's worth it!

Heart disease is the # 1 leading cause of death in the United States, meaning one in every four deaths in the country.

High Blood Pressure and Cholesterol Reduction are 2 ways to have a Healthy Heart.

